

## ARTHRITIS ADVISORY COUNCIL MEETING

**Date:** May 18, 2004

**Time/Place:** 12-2, PTC Bldg, 10th Floor

**Recorder:** Deanna Jarvis

**Facilitator:** Patti Moran

**Attendees:** Susie Beem (phone), Lisa Fall (phone), Arla Farmer, Susan Grey, Susan Gordon, Tom Howell, Jeanette Jones (phone), Maggie Mann (phone), Kent McCarthy, Tracy McCullough (phone) Patti Moran, Sister Alice Mary Quintana, Leslie Nelson (phone), Terry Nelson, Victoria Saley (phone)

DISCUSSION	ACTION/RECOMMENDATION
<p><b>Updates</b></p> <p><i>Arthritis Walks</i></p> <ul style="list-style-type: none"> <li>Twin Falls: Susie Beem reported 50 participants in Jerome. The Walk was held in conjunction with a health fair and with the promoter of the Magic Valley Senior Games. They raised \$5,500, with more coming in from Albertsons. Dr. Mark Wright, an orthopedic surgeon presented for 45 minutes on arthritis.</li> <li>Boise: Patti Moran said 50 people participated in Boise, raising \$8,978 at last count, with more coming in. Four boys with JA participated, one boy spoke about having arthritis, one sang Roger Miller's Chinden Boulevard song "Trailer for Sale or Rent". Dr. Knibbe also made an appearance. Ken Bass from The River radio station was the announcer; a good assortment of prizes was donated; and volunteers did a great job. Terry said he felt the walk went well but raising money was difficult.</li> </ul>	
<p><i>Arthritis Walks 2005</i></p> <ul style="list-style-type: none"> <li>Suggestions for next year: Tap Len Anderson early for organizing. Change the time of year. Good times varied by area, depending on other events. Lisa Fall proposed walkers build their support base with people specifically interested in arthritis so that the existence of other walks does not matter so much. Terry suggested the walk should stay in May because May is National Arthritis Month.</li> </ul>	<ul style="list-style-type: none"> <li>Council members will provide input to Leslie as ideas emerge.</li> </ul>
<p><b>STEPS</b></p> <ul style="list-style-type: none"> <li>Patti gave an overview of the STEPS grant application being written by the Bureau of Community and Environmental Health. Idaho is applying for \$1.5 million; the money will go to the communities through the health districts. Although arthritis is not specifically addressed in the grant, the cross risk factors of physical activity and obesity make the grant of interest to our group. Patti will be doing some of the writing and will mention arthritis. The grant addresses the whole spectrum of the population, all ages. She suggested the Arthritis Advisory Council members contact groups in their areas who are involved in innovative yet science and evidence-based activities that can be built on. They may be interested in becoming involved. While Idaho may not be funded this year, we might be approved so that we can be funded next year.</li> </ul>	<ul style="list-style-type: none"> <li>Patti will keep Council informed about grant application outcome.</li> </ul>
<p><i>Arthritis Self-Management Course Leadership Survey</i></p> <ul style="list-style-type: none"> <li>Patti mailed a survey to ASMC leaders to find out how to make the courses more successful. Lisa Fall said Utah Health Department paid a stipend to leaders, which increased the number of courses. A larger problem is getting people to come to the classes. Sister Alice Mary suggested working with parish nurses to set up classes, advertising them in church bulletins. Community education and school systems would help promote classes. Susan Gordon suggested partnering with Medicare. Patti said lack of standards of care for arthritis causes insurance companies to be less interested in promoting ASMC. Arla suggested offering arthritis information to Medicaid patients in the diabetes and asthma Medicaid programs. Lisa Fall asked for names of companies that would be willing to offer time for a brown bag</li> </ul>	<ul style="list-style-type: none"> <li>Susan will send Idaho Power information to Patti, who will relay it to Lisa.</li> <li>Patti will compile survey results and provide those to Victoria Saley.</li> </ul>

DISCUSSION	ACTION/RECOMMENDATION
<p>lunch with someone from the Arthritis Foundation doing a presentation. Patti suggested Micron (they have a new wellness coordinator) and Kent mentioned INEEL.</p> <ul style="list-style-type: none"> <li>▪ Patti has a copy of the ASMC satellite videoconference to lend out.</li> <li>▪ Updating the name (ASMC) was discussed. The national office is preparing a brochure with a more modern image.</li> </ul>	
<p><b><i>One-day Arthritis Management Course</i></b></p> <ul style="list-style-type: none"> <li>▪ This course would be promoted to rural areas. Lisa Fall said Stanford University has a self-help class online that they promote to rural areas; the limitation is that there is not interaction available. She urged that the 1 Day class have that interaction. Arla explained that Healthy Connections is the managed care that most Medicaid patients are on. She felt a one day class would be great for them.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Patti will develop the course and will ask for technical assistance and review by Council members.</li> </ul>
<p><b><i>PACE, Aquatics, P/A Brochure</i></b></p> <ul style="list-style-type: none"> <li>▪ Patti wants this to be a resource for providers to enable them to give concrete exercise suggestions to patients. Tom suggested adding a 'Frequently asked questions' section, and Patti asked him to send some ideas. Susan Gordon said it should be marketed to PT clinics, to PT's and OT's, and pharmacies. Terry Nelson (Fred Meyer) said he would talk with FM about making the brochures available in their stores. Tom Howell suggested getting the brochures to internists and using Medicaid Healthy Connections contacts. Susie Beem will add the brochure to her Prescription Packet for health professionals.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Patti will send one of Susie's packets to Susan Gordon.</li> </ul>
<p><b><i>JA Family Network</i></b></p> <ul style="list-style-type: none"> <li>▪ Kent said 8-10 families are involved, also Dr. Knibbe. The parents talk while the kids play; the kids come in sometimes to talk about their problems. Stacia Royster Ward handles the organization details, and the group meets at her house. They won't meet during the summer, but are planning a barbecue.</li> </ul>	<ul style="list-style-type: none"> <li>▪</li> </ul>
<p><b><i>Idaho Arthritis Program Budget</i></b></p> <ul style="list-style-type: none"> <li>▪ Patti said CDC has cut \$3,000 from the Arthritis Program, plus did not approve the requested \$3,000 possible carryforward amount.</li> </ul>	<ul style="list-style-type: none"> <li>▪</li> </ul>
<p><b><i>Other</i></b></p> <ul style="list-style-type: none"> <li>▪ Darlene Pollard will not be overseeing the Elks support group next year so if anyone knows someone who would like to take over contact Susan Gordon.</li> </ul>	<ul style="list-style-type: none"> <li>▪</li> </ul>
<p><b><i>Next meeting date:</i></b> September 21, 2004</p>	